

WORKOUT AT HOME

Kettlebell Workout



This week's goal: Do each exercise in sequence in this 15 minute Kettlebell Home Workout on any 2 non-consecutive days. Add a daily 20-30 minute brisk walk for cardio, and frequent stretch breaks throughout your work day.

Go to this link to follow along with the workout video: [KETTLEBELL WORKOUT](#)

Check off your daily progress below: **W** = Workout **C** = Cardio **S** = Stretch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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As with any exercise program, there is always the possibility of injury. Consult with your physician before beginning any exercise program. You should be in good physical condition and be able to participate in an exercise program. If you need modifications for any exercise, please consult your WELCOAZ Health Coach.

By participating in this workout, you agree that you are exercising on your own time and do not hold WELCOAZ or your employer responsible.

Warm Up: 30 second intervals for 2 rounds.

1. Arm Circles



Stand with your feet shoulder-width apart. Raise and extend your arms to the sides without bending the elbows. Slowly rotate your arms forward, making small circles of about 1 foot in diameter. Do this for 30 seconds.

Modified: Keep the pace slow

2. Butt Kickers



Stand up tall with your shoulders rolled back. Bend your right knee, lifting your heel up toward the glutes. Lower the right heel and immediately repeat the action on the left side. It will result in a gentle bouncing motion.

Modified: Eliminate the bounce by lowering one foot completely before raising the other one.

Higher Intensity: Turn this exercise into more of a jog in place while staying on the balls of your feet. Do this by increasing the speed at which you switch feet.

3. Cross-Body Swing



Stand up tall with your arms raised at shoulder level. Cross your arms in front of your chest and then open them back up. As your arms move out try to push out your chest for a big stretch. Alternate which arm is on top when the arms are crossed in front of the chest.

Move on to the Main Workout.

Note: you can use everyday household items for this workout if you don't have a kettlebell or other weights! Try filling a water bottle with sand, water, or rocks. You can also use cans of soup, bags of rice, whatever you have at home will still provide you with a challenging workout.

Main Workout: Do each exercise for 30 seconds, for 3 rounds.

1. Squat to High Row



Stand with your feet a little wider than hip-width apart, toes angled out at a 45° angle. Hold your weight in front of your hips with the arms straight. Bend the knees as you push your hips back and lower your glutes toward the floor, as if sitting in an invisible chair. As you rise back up to the starting position, bend the elbows and raise them up until the weight is just in front of your chest. Make sure the wrists stay below the elbows to avoid strain.

Modified: only raise the weight up to mid-stomach.

2. Crunch to Leg Raise



Lie down on your back, holding your weight straight above the chest with the legs straight and as close to a 90° angle as you can safely manage. With extended arms, squeeze the abdominals and push the weight up toward the ankles, lifting the shoulders up off the mat. Lower the shoulders, hold the weight straight up over the chest, and lower the legs together until they are approximately 8" above the mat. Raise the legs back up to the starting position and repeat.

Modified: Complete without the weight, or only lower the legs halfway down toward the floor, stopping at 45° instead of 8" above the floor.

3. Overhead Triceps Extension



Stand with the feet hip width apart, knees slightly bent. Raise your weight straight up overhead, making sure you have a firm grip on your weight. Keeping the elbows in close to the ears, carefully bend the elbows as you lower the weight toward the neck. Try to keep your elbows as still as possible throughout the exercise to ensure you are isolating your triceps muscles. Straight the arms until the weight is back to the starting position.

4. Russian Twists



Sit on the floor with your legs in front of you, knees bent, and heels lifted a few inches into the air. Lean back at a 45° angle with the weight held at about mid-stomach level. Slowly rotate your torso to the right, pause, then to the left.

Modified: Rest heels on the floor.

5. Biceps Curl



Begin standing with the weight in one hand and your palm facing forward. Bend your arm at the elbow and curl the weight up toward your shoulder. Once you reach the top, slowly lower the weight back to your starting position. Do 15 seconds on this side, then repeat on the opposite side.

Modified: Use both hands to raise the weight

6. Single Leg Dead Lift



Stand with the feet hip width apart, arms straight, with the weight in front of the body at hip level. Keeping both legs straight but not locked, shift the weight on to the right leg. As you shift your weight, raise the left leg up behind you. Make sure you are hinging at the hip and keeping your back straight, core engaged. The shoulders should not round, they should be pulled back and down to ensure a straight back. Continue to lower the weight down toward the floor until you feel a stretch in the right hamstring. Slowly return to the starting position. Do 15 seconds on the right leg, then repeat on the left side for 15 seconds.

Not feeling worked out? Repeat these exercises as a circuit one more time. Move on to the Cool Down & Stretch.

Cool Down & Stretch – Do each exercise for 20 seconds, 2 rounds.

1. Lying Knee Tuck



Lying on your back, pull the right leg in toward the chest while the left stays flat on the floor. Place hands on the right shin or on the back of the thigh to pull the knee in, making sure you are not forcing the stretch or compressing the knee joint. Hold for 20 seconds, then switch legs on the second round.

2. Sitting Toe Touch



Rise up to sitting, with your legs extended straight out in front of you. Keeping your back straight, reach forward. Try to touch the finger tips to your toes, but do not force the stretch or bounce.

3. Back and Shoulders



Clasp your hands behind your back. Make sure your palms are touching and interlace your fingers. Draw your shoulders back, open your chest, and if you can, slightly lift your arms. Then clasp your hands in front of you, interlace your fingers, and push your hands out in front of you palms out. Tilt to the left and right. Continue to breathe.

Go to this link to follow along with the workout video: [KETTLEBELL WORKOUT](https://www.welcoaz.org/Kettlebell-Workout)

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